# Week Of The Eagle '07
# Power Lifting Competition

**1st BDE hosts the "Week Of The Eagle '07" Power Lifting Competition.**

**Teams will consist of six competitors from each BDE.**

**Weight Classes: Light Weight 175 lbs and under**
**Middle Weight 176 lbs-225**
**Heavy Weight 226 and Above**

**Age Categories: 39 years old and younger**
**40 years old and older**

**Bring It On!**

**When: Weigh-Ins 1300 hrs on 16 May**
**Check In at 0630- 0800 17 May**
**Warm Up 0800-0900**
**Start Time 0900**

**Where: Fratenellico Fitness Center**

**Individual medals will be awarded for top three in each category.**

**POC : MSG Campos at 798-4378**